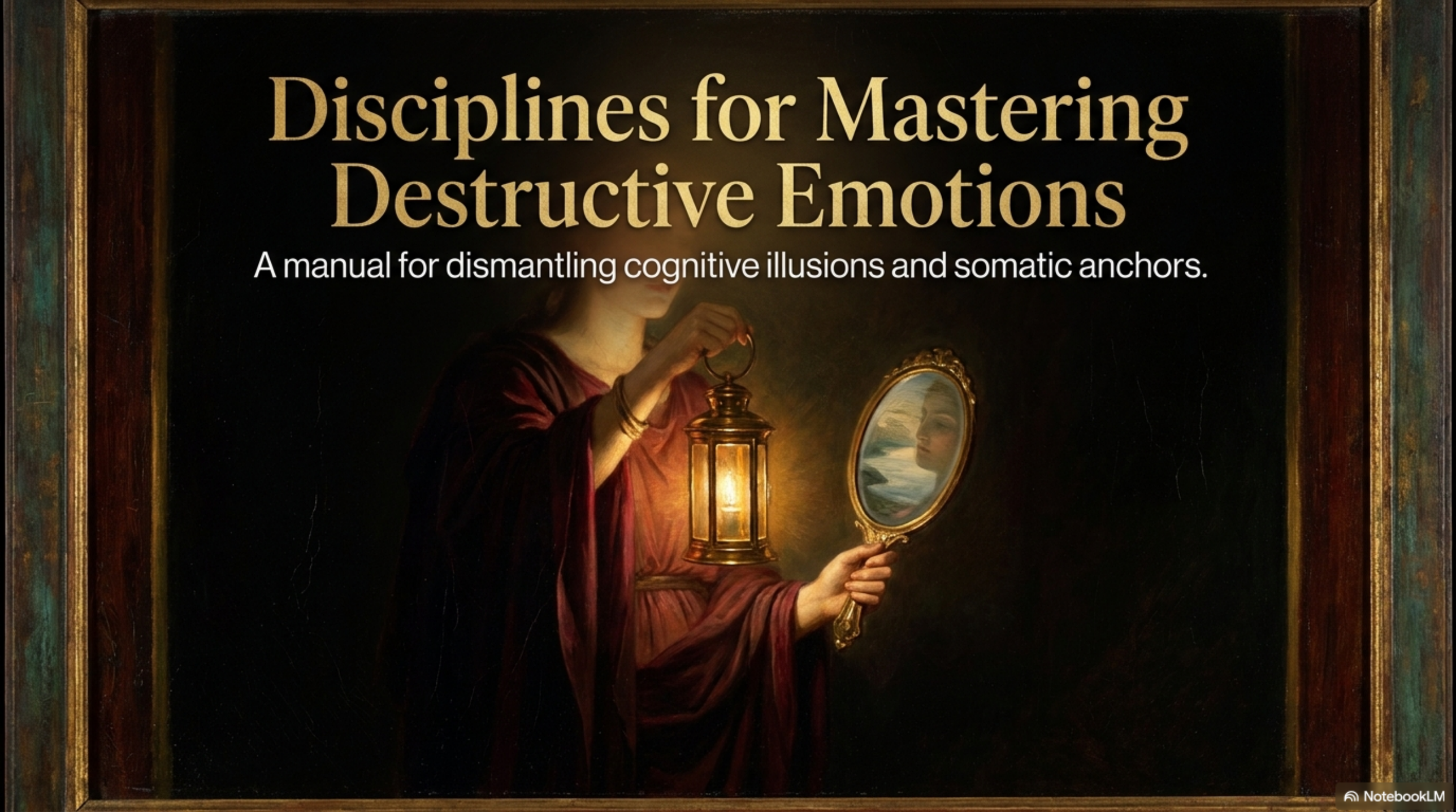
Disciplines for Mastering Destructive Emotions

A manual for dismantling cognitive illusions and somatic anchors.



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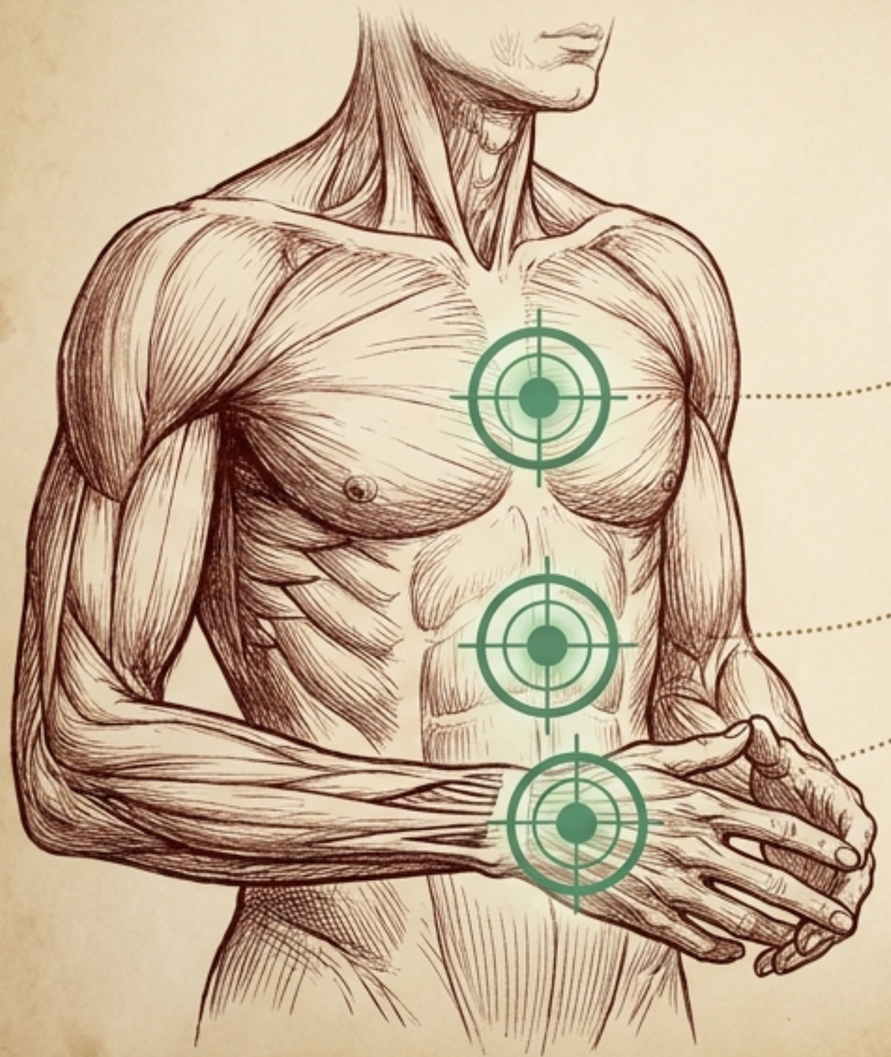
Emotions anchor in the body before they dominate the mind



Somatic Release (The Body)

- Destructive emotions create centers of tightness that habitual breathing aggravates.
- Locate the physical tension (e.g., backs of the hands) and consciously alter breathing to release it before addressing the mind.

Cognitive Reframing (The Mind)

- Once the body is neutralized, the mind's specific illusions can be targeted.
- Inject reality into fantasies, acknowledge the human realm, and shift perspectives to dismantle the emotional narrative.

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Lust is the veil of selective perception

Two-Pronged Deconstruction

The Illusion

Focusing exclusively on attractive perceptions while actively ignoring the unattractive.

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Somatic Antidote

Breathe to relax tension, starting specifically at the back of the hands.

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Physical Reality

Visualize the unattractive realities just beneath the skin.

Narrative Reality

Recall demeaning actions done under lust. Visualize the object of your lust laughing at you.

Pragmatic Reality

Map out all the strings attached to entanglement to kill the appeal.

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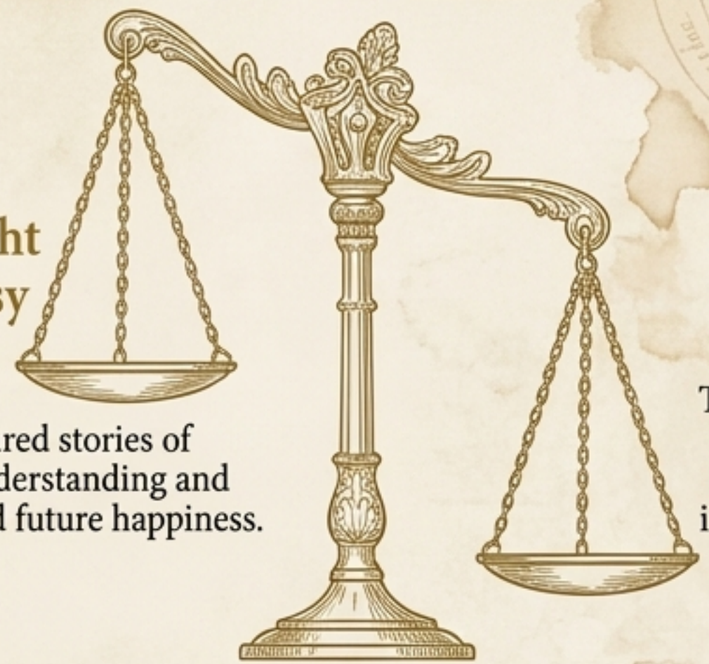
Romantic infatuation manufactures a false narrative of future happiness

The Weight of Fantasy

Manufactured stories of perfect understanding and guaranteed future happiness.



The Weight of Reality

The historical track record of past romantic fantasies inevitably leading to disappointment.

Inject Disappointment

Break the fantasy by deliberately visualizing the person doing something deeply disappointing, such as being unfaithful, until the fantasizing loses all appeal.

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Anger thrives on the illusion of a perfect realm

De-escalation Ladder

1. Release the Core

Locate tightness in the chest, stomach, and hands. Consciously alter breathing to release physical tension.

2. Deny Them Satisfaction

Visualize the opponent's satisfaction at watching you act stupidly out of anger. Refuse to grant them that victory.

3. Accept the Realm

You are in the human realm, not heaven. Human history is filled with disagreeable acts. Drop the perception of unique victimization; injustice is universal. Respond effectively, not emotionally.

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Finding goodness in an enemy is an act of spiritual survival

1 The Scenario

You are crossing a desert—hot, tired, and trembling with thirst.

2 The Mechanic

You find a tiny pool of water in a cow's footprint. Scooping it with hands will muddy it. You must drop to all fours and slurp it directly from the mud. It lacks dignity, but survival is the top priority.

3 The Meaning

Looking for goodness in someone you hate feels beneath you. But refusing to see any goodness leaves your own heart dry. It is for your sake, not theirs.

4 Fallback Strategy

If absolutely no goodness can be found, take pity on them: they are digging themselves into a deep hole.

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Jealousy delegates your happiness to external control

Anger + Disappointment + Wounded Pride = Jealousy

The Root Cause:
Pinning hopes for happiness on something firmly under someone else's control.

Diagnostic Questions

Are you a hoarder?

Do you wish to hoard all happiness and good fortune in the world for yourself?

Is this payback?

Have you enjoyed making others jealous in the past? This current pain is the inevitable cycle of payback.

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The Buddha’s vision reveals the pettiness of envy

The Micro View (The Puddle)

Fighting over petty, diminishing things. Floundering like fish in a small puddle fighting over water that is rapidly drying up.

The Macro View (The Ocean)

Stepping back to take a larger view of life. Realizing how utterly petty the subjects of jealousy truly are.

The Shift

Stop defining self-worth by external factors. Instead of fighting for the drying puddle, commit to an internal source of happiness.

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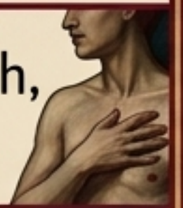
The Anatomy of Destructive Emotions

Emotion	Core Distortion	Somatic Anchor	Immediate Antidote & Metaphor
Lust	Selective attractive perception	Back of hands / habitual breathing	Visualize beneath skin & contempt
Romantic Infatuation	Manufactured future narrative	(Varies, tied to lust)	Inject unfaithfulness & reality
Anger	Illusion of a perfect realm	Chest, stomach, hands 	Deny satisfaction of your stupidity. The Cow's Footprint.
Jealousy	Delegated locus of control	(Varies, tied to anger)	Acknowledge the payback cycle. The Drying Puddle.

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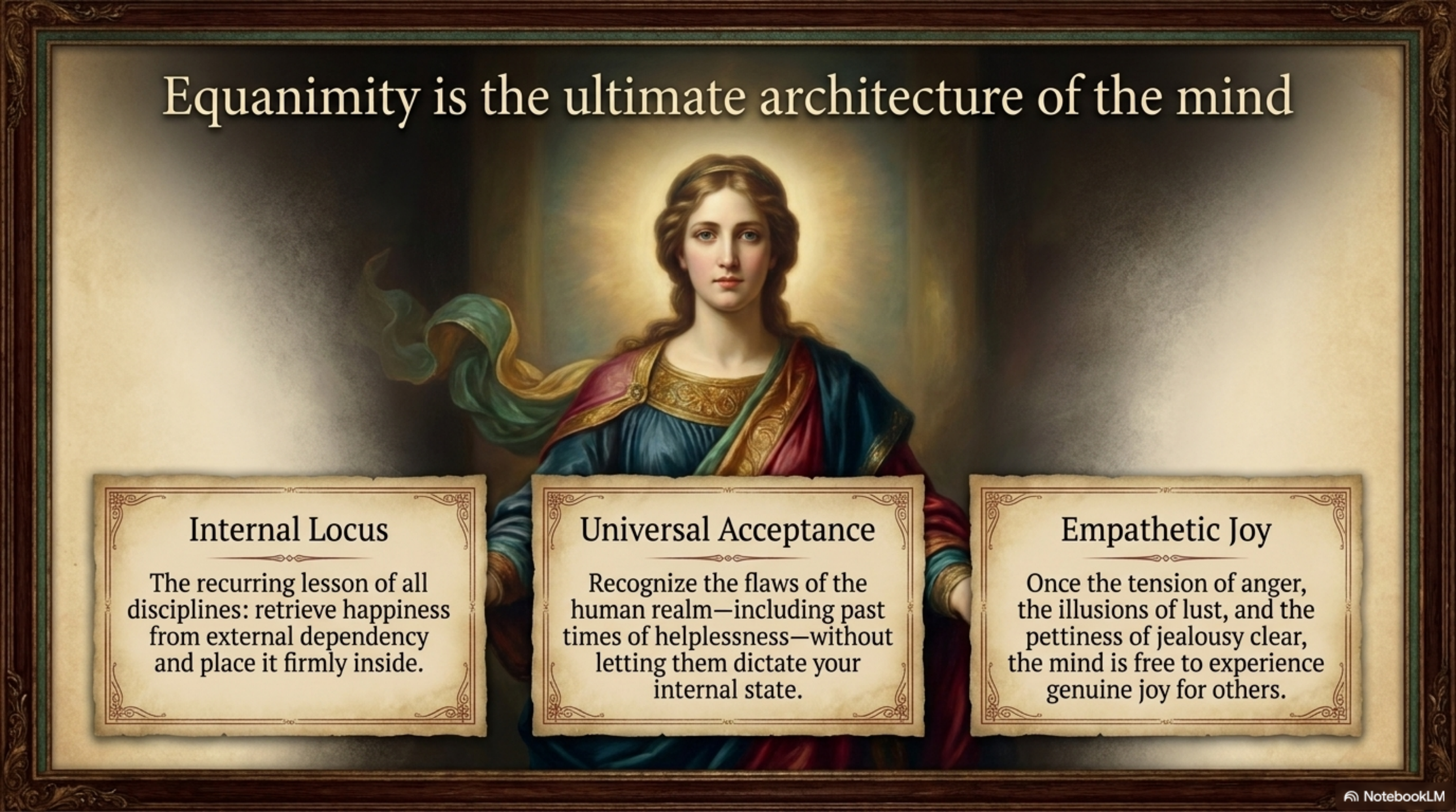
Equanimity is the ultimate architecture of the mind



Internal Locus

The recurring lesson of all disciplines: retrieve happiness from external dependency and place it firmly inside.

Universal Acceptance

Recognize the flaws of the human realm—including past times of helplessness—without letting them dictate your internal state.

Empathetic Joy

Once the tension of anger, the illusions of lust, and the pettiness of jealousy clear, the mind is free to experience genuine joy for others.

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